A COUPLE OF NEW FACES JOIN 'THE FACE'

LYDIA HEARST AND ANNE V ARE KISSING IN ACTION. PAGE 14

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27-0, 10 years later

Local legends. Members of the historic, unbeaten St. Joe's squad reflect on their record-setting season a decade later. **Where are they now?** Former Hawks are in the NBA, playing overseas and even appearing in films. PAGES 26-27

So you think Drew Carey can dance?

PAGE 13

Mr. Peabody sounds a lot like Phil Dunphy

PAGE 16

The Sill: Talk about planting a great idea!

PAGE 18

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1 NEWS

Top 3

What's trending at Metro.us

1 'The Cameron Diaz and Sofia Coppola feud comes to an end'

2 'VIDEO: Tech-savvy school kids react to old rotary telephones'

3 'VIDEO: TV news reporter gets blasted with snow from passing plow'

Quoted

"This pizza is the best! ... It's got gravy all over. It's warm, y'all!"

Tina Fey reacts to Jimmy Fallon surprising her with a Pica's Pizza delivered from Upper Darby on "The Tonight Show."

Clarke: Vacant seat on city council up for grabs

Start your campaigning. Instead of leaving it open, council president wants the seat filled.

Council President Darrell Clarke announced Tuesday morning that a special election will be held on May 20 to elect a replacement for Bill Green in the open at-large council seat. The seat emptied last month after Green assumed his new role as chairman of the School Reform Commission.

Outside his fourth-floor City Hall office, Clarke said he did consider leaving the seat unfilled for the duration of Green's term.

"I did give consideration to all potential outcomes, but the fact that it is close to two years left on the unexpired term, I thought it would be prudent to go ahead and call the special election to have that particular seat filled," he said.

Clarke said he has not had any conversations with U.S. Rep. Bob Brady, who chairs the city's Democratic City Committee, about who the Democrats will choose to run for the open seat.

"I called Congressman Brady, actually last night, to alert him that we were probably going to call a special election, but we have not specified that until today," Clarke said. "I anticipate that people will quickly be contacting the chairpersons of both parties."

By the numbers

8

The deadline in April to nominate Democratic, Republican and Independent candidates.

21

Deadline in April to register for the special election in May.

20

Day in May when the special election will be held.

Clarke said no one yet has asked for his support.

Under city law, the council president is tasked with setting the date for a special election.

This will be a one-step election, which means the candidate chosen will win the seat. All registered voters in the city are eligible to vote in this election, since this is not a primary.

The deadline to register to vote in the special election is April 21.

The new council member will serve the last two years of Green's term, which ends in 2016.

Democratic, Republican and Independent candidates are eligible for the ballot.

Since a primary won't take place, the Democratic and Republican parties will both select one candidate according to their own rules. These candidates are not required to obtain signatures from voters. Each party must announce its candidate no later than April 8.

Want to run?

Any potential Independent candidates are encouraged to contact the County Board of Elections at 215-686-3943 to obtain the required forms and instructions to run.

Quoted

"The reality is that I think everybody should be given an opportunity to participate in this special election."

Clarke, on the inclusion of Independent candidates

TOMMY ROWAN
@ TOMMYROWAN
tommy.rowan@metro.us

Frozen snow meets molten sunset

A man walks along Washington Avenue just after sunset on Tuesday. / CHARLES MOSTOLLER, METRO

Gas line struck. One dead, several injured in New Jersey blast

One person is dead and several utility workers were injured Tuesday afternoon in a gas explosion at a Mercer County, N.J., condominium complex.

Officials said the deceased was a resident.

One unit was destroyed on Crockett Lane in Ewing, while several others were damaged by fire.

Two employees for private utility contractor Henkels & McCoy struck a gas line as they were working at the complex.

They called in PSE&G for assistance.

Both contractors and five PSE&G workers were injured in the explosion, reports say, and taken to area hospitals. Investigators said they do not know what caused the explosion.

The injuries ranged from a broken leg to embedded shrapnel.

The explosion happened shortly before 1 p.m. Ewing is about 10 miles from Trenton.

Ewing Township Police Lt. Ron Lunetta described the scene as "pretty horrific." METRO

Ceremony

New museum site will be prepped

The Museum of the American Revolution will today hold a public ceremony and salvo to mark the start of site preparations for the new museum. The project's general contractor will be announced, as well as numbers concerning the project's economic impact. The program will begin at 10:30 a.m. at the site, 101 S. Third St. METRO

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ICE hold was not mandatory in Allentown case

Appeals. The Third Circuit's decision finding Allentown did not have to hold a Hispanic man could impact the future of ICE holds in Philly.

A hold under the authority of Immigration and Customs Enforcement was found to be improper in a federal appeals court ruling released on Tuesday.

Ernesto Galarza, despite having his Social Security card and driver's license, was detained for three days as part of a routine ICE hold to determine whether he was in violation of federal immigration laws.

Lawyers from the Pennsylvania chapter of the ACLU argued that ICE was only notified about Galarza due to his Hispanic name.

But at trial in Allentown, municipal attorneys argued that once ICE was identified, mistake or not, the city had no choice but to detain Galarza, as they considered ICE detainer orders mandatory.

Instead, a three-judge federal appeals court ruled that ICE detainer requests are not mandatory.

"Immigration detainers do not and cannot compel a state or local law enforcement agency to detain suspected aliens subject to removal," the U.S. Court of Appeals for the Third Circuit wrote.

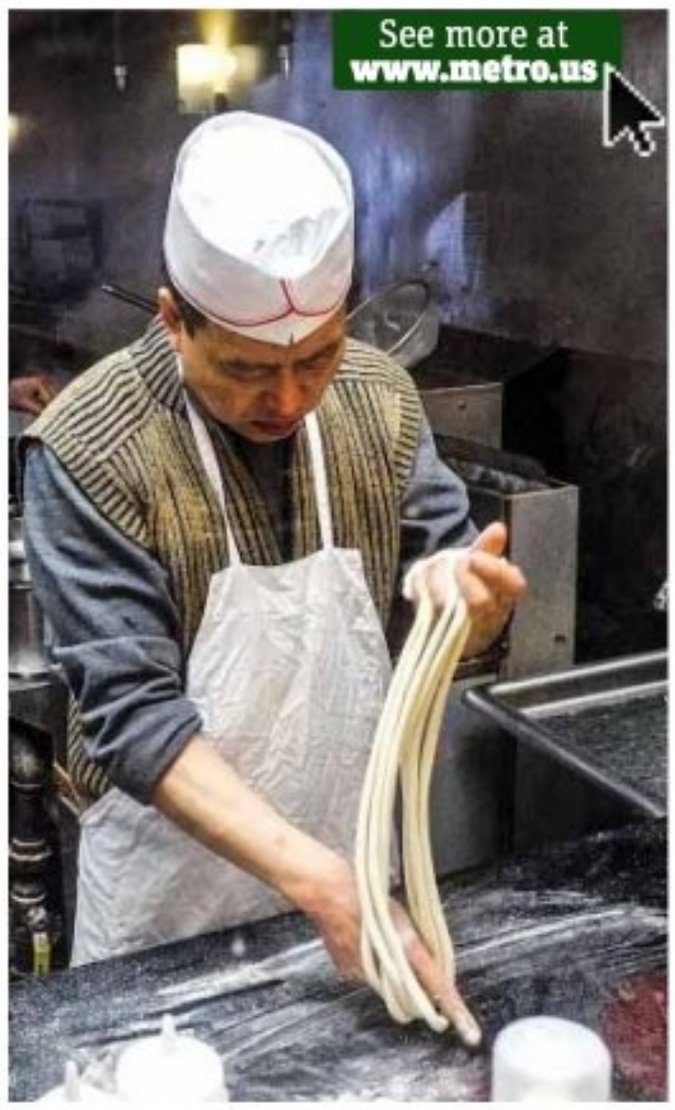
"We think there are pretty significant constitutional problems with local law enforcement lending this kind of assistance to ICE," said ACLU lawyer Molly Tack-Hooper.

SAM NEWHOUSE
@SCNEWHOUSE
sam.newhouse@metro.us

Detainment

Ernesto Galarza is a U.S. citizen.

- He was arrested in 2008, and posted bail later that day.
- Because of his name, Galarza was held in jail for three days as a potential illegal alien.



Homemade noodles

Chef-owner Guodi Lin makes noodles by hand at the Yummy Lan Zhou Hand Drawn Noodle House in Chinatown.

CHARLES MOSTOLLER, METRO

PGW

Council president wants to see all proposals

Council President Darrell Clarke, when asked, said on Tuesday the likelihood of City Council approving the sale of Philadelphia Gas Works for $1.86 billion is still up in the air.

"From our perspective, it's day one as it relates to the process," he said. "As was said ... we haven't had an opportunity to review any of the documents, not only the documents that the mayor selected but the documents that were submitted from the responses to the requests for proposals.

"I think it's important for us to look at all of the proposals to ensure this particular proposal was the best one," Clarke added.

Mayor Michael Nutter approved the sale to UIL Holdings Corporation. **TOMMY ROWAN**

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Nutter might have backup at budget address

Boo-hoo. Last year, the mayor was booed out of council chambers after attempting to present his budget.

As Mayor Michael Nutter prepares to deliver his budget address Thursday, precautions are being taken to try and keep the boobirds away.

At last year's address local union members booed, hissed and yelled when Nutter took to the microphone to unveil his 2014 spending plan.

City Council President Darrell Clarke said security will be increased for Nutter's budget address.

"We'll do what we need to do to have a secure environment to ensure that the mayor is allowed to deliver his budget message," Clarke said. "I anticipate some people may not feel comfortable about the budget message, be it PGW or be it the lack of all the municipal unions contracts, but we will have it secure."

Does the mayor have a contingency plan just in case?

"We are planning to offer the FY15 budget and Five Year Plan, and the mayor plans to address [the] council in council's chambers," said spokesman Mark McDonald. "That is the only plan of which I'm aware."

Nutter's exit in 2013 / FILE PHOTO

TOMMY ROWAN
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Check yourself: Chess players go for gold

A student ponders his next move in the elementary school finals of the Philadelphia Scholastic Chess League's annual tournament at Citizens Bank Park on Tuesday. / CHARLES MOSTOLLER, METRO

Cops and robbers

Two Northeast Philadelphia bank robberies in two days

Surveillance footage has been released from two bank robberies that occurred within two days of each other this week.

Both incidents occurred in the early morning or afternoon at two corporate bank branches.

The first incident was Saturday about 10:16 a.m. at TD Bank, 9996 Haldeman Ave. in Bustleton. The second was Monday about 1:27 p.m. at Citizens Bank, 7248 Rising Sun Ave. in Burholme. METRO

Guilty

Trooper sentenced

Former state police Trooper Barry Searfoss Jr. pleaded guilty to involuntary manslaughter and DUI in connection with a 2012 crash that killed Robin Williams of Philadelphia. He will serve up to 23 months. METRO

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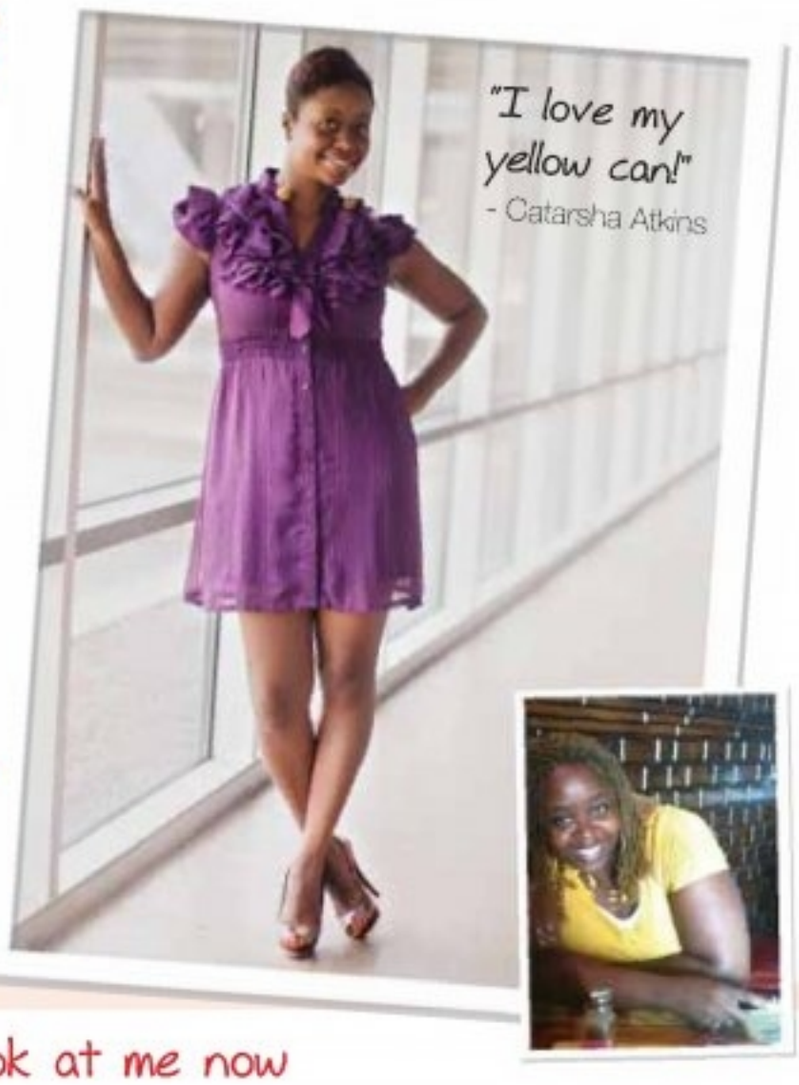

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Obama: Putin move into Ukraine is not a sign of Russian strength

A helping hand. Obama is urging Congress to back an aid package for Ukraine.

President Barack Obama said on Tuesday that Russian President Vladimir Putin's intervention in Ukraine is not a sign of Russian strength rather a reflection of the deep concern Russia's neighbors have about Moscow's meddling.

In remarks to reporters, Obama ridiculed Putin's justification for any Russian military action in the Crimea region of southern Ukraine.

Putin has denied that Russian armed forces were directly engaged in the bloodless seizure of Crimea but said he has the right to send in military forces to protect Russian nationals. Obama has called Moscow's moves a violation of international law.

Obama, who has drawn ire from Republicans for his handling of Ukraine, rejected suggestions that the Russian move was a clear strategic step.

"I actually think that this has not been a sign of strength but rather a reflection that countries near Russia have deep concerns and suspicions about this kind of meddling and if anything will push some countries further away from Russia," he said.

Obama said a U.S. aid package is aimed in part at making sure Ukraine has elections and that legitimate elections should show the country is able to govern itself.

He urged Congress to back the aid package. REUTERS

Russian Navy ships are docked in the Sevastopol Bay. Russian forces have surrounded Ukrainian military bases across Crimea. / GETTY IMAGES

Actions in Crimea

Putin: Military force would be 'last resort' in Ukraine

President Vladimir Putin delivered a robust defense of Russia's actions in Crimea on Tuesday and said he would use force in Ukraine only as a last resort, easing market fears that East-West tension over the former Soviet republic could lead to war. REUTERS

Quoted

"President Putin seems to have a different set of lawyers making a different set of interpretations ... But I don't think that's fooling anybody." Obama

Foreign policy

Obama's caution may sway midterm election

With Russia's incursion into Ukraine reviving Cold War-style tensions, President Barack Obama's credibility is at risk when he can least afford it: as he tries to convince voters to stick with his fellow Democrats in congressional elections that will help shape his legacy.

Facing his toughest test yet in Ukraine, Obama is once again being portrayed as a weak leader, outmaneuvered by a wily, opportunistic Russian president. REUTERS

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Spending. Obama's budget sets up clash with Republicans

President Barack Obama proposed new tax credits and job-training programs for workers on Tuesday in a 2015 budget that drew instant condemnation from Republicans, who dismissed the document as an election-year campaign pitch.

The $3.9 trillion blueprint for the fiscal year that begins Oct. 1 also would boost spending on roads and bridges and expand early childhood education while paying for some of the additional spending by scaling back tax breaks for wealthier Americans.

The proposal has almost no chance of passage in Congress, where Republicans control the House of Representatives, but it lays out Obama's policy priorities ahead of November congressional elections. Democrats will be fighting to keep control of the Senate and avoid losing ground in the House.

"Our budget is about choices, it's about our values," Obama told reporters during a visit to an elementary school.

"At a time when our deficits are falling at the fastest rate in 60 years, we've got to decide if we're going to keep squeezing the middle class or if we're going to continue to reduce the deficits responsibly while taking steps to grow and strengthen the middle class." REUTERS

Additional spending

$56B

While working within the overall cap of $1.014 trillion for discretionary spending that Congress set for 2015, the president proposed $56 billion in additional spending for education, welfare and defense programs, paid for in part by ending a tax break for wealthy retirees.

Not going to rain on this Fat parade

A cold, gray day didn't deter revelers as members of Rex parade down St. Charles Avenue in the rain for Mardi Gras in New Orleans, La. Fat Tuesday, the traditional celebration held on the day before Ash Wednesday and the beginning of Lent, is marked in New Orleans with parades and marches through the city. Float riders often toss out "throws," or inexpensive trinkets like strings of beads, to spectators along the route. / GETTY IMAGES

Retaliation

Justices extend employee whistleblower protections

The Supreme Court ruled that whistleblower protections apply broadly, saying that employees of subcontractors, including investment advisers, law firms and accounting firms, should also be protected from employer retaliation.

The justices voted 6-3 in a ruling that extends whistleblower protections beyond employees of publicly traded companies.

The three dissenting justices said the ruling had a "stunning reach" that could give protection to household employees like babysitters.

The justices were interpreting part of the Sarbanes-Oxley Act, the Wall Street reform law that sets standards for all national publicly traded company boards, management and public accounting firms. REUTERS

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Reports: Facebook in talks to acquire drone company for $60M

Online for all. It would be aimed at connecting people who do not have Internet access in places such as Africa.

Facebook is working on bringing wireless Internet to developing countries. / PHOTO ILLUSTRATION, GETTY IMAGES

Facebook Inc. is in talks to buy drone maker Titan Aerospace for $60 million, according to media reports.

The high-flying drones would give Facebook, the world's No. 1 Internet social network, the ability to beam wireless Internet access to consumers in undeveloped parts of the world, according to the technology blog TechCrunch. TechCrunch first reported the deal late on Monday, citing an anonymous source.

Facebook declined to comment.

Titan Chief Executive Vern Raburn declined to comment on whether Facebook was buying the company or a large order of its planes.

"I can't comment one way or the other," Raburn said in a telephone interview on Tuesday.

Titan is developing a variety of solar-powered "atmospheric satellites," according to the company's website, with initial commercial operations slated for 2015. The drones fly at an altitude of 65,000 feet, can remain aloft for up to five years and have a 165-foot wingspan. REUTERS

Users

1.2B

Social media giant Facebook has 1.2 billion monthly users.

Merger review nears.
Comcast expands its low-income Net access

Comcast said its discounted Internet service for low-income families will be available indefinitely, a move that should please U.S. regulators as the company seeks approval for its $45.2 billion takeover of Time Warner Cable.

Internet Essentials is Comcast's broadband Internet program for some low-income families with children. It costs $9.95 a month and offers a discount with other perks.

The program has enrolled about 300,000 families since it launched in 2011. Some 2.6 million U.S. families are eligible, according to Comcast. It was originally expected to run through the end of the 2013-2014 school year. REUTERS

Pay my way

NJ teen loses first legal battle to parents

A New Jersey student who says her parents abandoned her when she turned 18 lost the first round on Tuesday in the lawsuit she filed against them for school costs and living expenses, in a case that could set a precedent for a family's obligation to support a child who has left home.

A family court judge denied a request by Rachel Canning of Lincoln Park, N.J., to have her parents temporarily resume paying her tuition and living expenses. He set another hearing date for next month. REUTERS

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Mt. Gox

UK lawyer says 'hundreds' ready for Bitcoin class action

More than 400 people have signaled they would join a class action against Mt. Gox, the world's biggest marketplace for the digital currency Bitcoin before its abrupt collapse, British-based law firm Selachii said.

It would be the latest effort to try to recoup some of the $480 million in losses that Mt. Gox has blamed on a hacking attack that drove it into bankruptcy. The exchange is already being sued by a U.S. customer for alleged negligence and fraud. REUTERS

Interest

400

Selachii has received more than 400 expressions of interest in joining a class action lawsuit.

Rules and regs

Report: Japan to regulate and tax Bitcoin trades

The Japanese government will set rules for trading Bitcoins, including imposing taxes on transactions with the virtual currency, that will become the basis for guidelines applicable to similar currencies in future, the Nikkei reported.

Japan's government is still trying to explain the collapse of Mt. Gox – once the world's largest Bitcoin exchange – and figure out how the Tokyo-based company could lose nearly half a billion dollars in Bitcoins, Finance Minister Taro Aso said on Tuesday.

Mt. Gox filed for bankruptcy protection in Japan on Friday, saying it may have lost some 850,000 Bitcoins due to a hacking of its faulty computer system. REUTERS

Pistorius gets emotional at graphic trial evidence

Murder suspect Oscar Pistorius sits with his head in his hand at the North Gauteng High Court in Pretoria, South Africa, for the second day of his trial on Tuesday. / GETTY IMAGES

Details. The former Olympian's attorney shared information from the autopsy of Pistorius' girlfriend.

Oscar Pistorius buried his head in his hands and wiped away tears after a South African court heard grisly details of the killing of his girlfriend.

He leaned forward in the dock and clasped his head between his hands as lead defense lawyer Barry Roux read out details from the postmortem, including that "some fragments of the bullet" were removed from the 29-year-old's head.

Roux also heaped scorn on the testimony of neighbor Michelle Burger, who said she heard a scream fade away after the shots, saying that Steenkamp would have "dropped immediately" due to a bullet in the head.

Burger broke down toward the end of her own testimony following an angry exchange with Roux, who had sought to show she had mistaken the screams of agitated Pistorius for that of a woman.

The court also heard from another neighbor, Estelle van der Merwe, who testified that she heard what sounded like an argument the morning Steenkamp was killed. REUTERS

Quoted

"From where I was sitting it seemed like two people were having an argument, but I couldn't hear the other person's voice."

Estelle van der Merwe

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Get ready to tango with the new cast of "Dancing with the Stars." / ALL PHOTOS GETTY IMAGES

'Dancing with the Stars' announces new lineup

There will be big changes to Season 18 of "Dancing with the Stars." As it was reported last week, Erin Andrews is the new co-host of the reality TV dance series — replacing poor Brooke Burke-Charvet, who was unceremoniously booted for the hot blonde. The unsinkable Tom Bergeron will still be there.

In addition to Andrews, the new cast was just announced Tuesday (see sidebar). And hey, look who it is: Sochi gold medal winners Meryl Davis and Charlie White. ABC is playing it up that the Olympic ice dancers will be competing against one another, hopefully so we'll overlook that the two are, um, trained dancers at the pinnacles of their careers.

I'm no reality TV/sports expert, but isn't the shtick of "DWTS" that "celebrities" are teamed with professional dancers? Doesn't having trained dancers and trained dancers compete together stack the deck a bit? Or will thinking too deeply about an ABC reality TV program about ballroom dancing only cause me pain?

Dance machines

- "Real Housewives of Atlanta" star NeNe Leakes. Dance partner Tony Dovolani
- Olympic figure skater Meryl Davis. Dance partner Maksim Chmerkovskiy
- Olympic figure skater Charlie White. Dance partner Sharna Burgess
- Drew Carey. Dance partner Cheryl Burke
- Candace Cameron Bure. Dance partner Mark Ballas
- Retired hockey player Sean Avery. Dance partner Karina Smirnoff
- Singer James Maslow. Dance partner Peta Murgatroyd
- Long-distance swimmer Diana Nyad. Dance partner Henry Byalikov
- Danica McKellar. Dance partner Val Chmerkovskiy
- Billy Dee Williams, aka Lando Calrissian. Dance partner Emma Slater
- Pop singing sensation Cody Simpson. Dance partner Witney Carson
- Snowboarding champ (and double amputee) Amy Purdy. Dance partner Derek Hough

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Moving to the big house

Teresa and Joe Giudice are going to prison. The "Real Housewives of New Jersey" couple pleaded guilty to a litany of charges Tuesday as part of a plea deal. The charges include conspiracy to commit mail and wire fraud, bank fraud, making false statements on loan applications and bankruptcy fraud. The indictment also charged Joe Giudice with failure to file tax returns from 2004 through 2008. During that time he allegedly earned nearly $1 million. Teresa could go to jail for 21 to 27 months, while Joe faces 42 months and possible deportation.

2 CULTURE

Behaving badly?

Which star, fresh out of rehab, partied at the Oscars?

While Zac Efron may have attended the Academy Awards festivities Sunday night with a sober coach in tow, recent rehab resident Selena Gomez reportedly let loose at the Vanity Fair Oscar party, according to Radar Online. The "Spring Breakers" star was "drinking constantly throughout the entire party when I saw her," a source says.

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EDUCATION TOWARDS EMPLOYMENT

Budding models 'Face' the competition

See more at www.metro.us

TV. Anne V and Lydia Hearst sign on as coaches for Season 2 of "The Face."

A new season of supermodel search "The Face" is premiering tonight, and this time industry vets Anne V and Lydia Hearst will join Naomi Campbell as coaches on the show. The highly successful models will compete against each other to find the next new "face" — a model who will win a contract with Frederic Fekkai salons. Each coach is tasked with assembling a team of hopeful young girls and will guide them through different challenges each week.

"I know it's a reality show but there's so much good in it," says Anne V. "I've always tried to help as many young girls as I could because I never really had a mentor when I started out. I just thought it was a really great opportunity of spreading my knowledge to the young generation, because you forget how tough it is out there."

Hearst also wants to pass her experience on to the girls, as a famous friend and mentor did for her when she was a rookie in the fashion world.

"I was lucky that when I first started out in fashion I did have a friend and a bit of a mentor, who was Carol Alt. One of the pieces of advice that she gave me that still to this day stands out in my head was that you have to really focus on the now and stop focusing on the next thing because it's so easy to lose sight of everything that's happening right now," she says.

As for the team the two models have picked, they've each tried to find four girls who stand out in their own ways.

"I was looking for more unique characteristics and qualities and wanted to see, in a sense, a little bit of myself — that inner light, excitement and determination," says Hearst.

"And I was looking for some consistent girls, someone who really wanted to be better and would do anything to stay there, but also has elegance and class. I wanted girls who wanted to be great women overall, not just great models," says Anne V.

Overall, the contestants will need to push themselves to the edge throughout the season, the supermodels assure. The aspiring models will have to do window display poses for Juicy Couture, a little bit of choreography, script work and, of course, runway walking.

LASSE KRISTIANSEN
letters@metro.us

Quoted

"I just thought it was a really great opportunity of spreading my knowledge to the young generation, because you forget how tough it is out there." Anne V

Netflix sensation. Sakina Jaffrey says she boned up on politics to take a role in 'House of Cards'

On Netflix's hugely popular drama "House of Cards," Sakina Jaffrey plays White House Chief of Staff Linda Vasquez. In the series she's the first woman and Latina to take on this job. Unfortunately for Vasquez, she's also one of the reasons why Kevin Spacey's Frank Underwood formulates a master plan.

"She's just ferocious in her belief that she's right," says Jaffrey of her character. / NETFLIX

What kind of research did you do before the show?
I watched interviews with [former Secretary of State] Condi Rice, and read her book as well as Hillary Clinton's book. I read Lyndon B. Johnson's book, which Kevin actually gave me last year just to know what type of character he was playing.

Your character was part of the reason why he came up with his master plan.
One of the things I love about Linda is that she's just ferocious in her belief that she's right. Her job is to protect the president and she'll do it at all costs.

Are you into politics?
My husband [Francis Wilkinson] has been involved in politics both as a journalist and a political consultant. When [Bill] Clinton was inaugurated, we moved to Washington for three years because he was a political correspondent for Rolling Stone. So the truth is, I sleep next to a man that can fill me in if I don't know what's going on all the time.

What do your kids think of you being on the show?
I have a teenage boy and a teenage girl. Their friends have watched the show and learned about politics through it. So I've gotten to be a little bit of a cool mom. For once in my life, I'm cool.

Are we going to see you in season three?
I can't tell you anything, but I think that no one ever really leaves Washington. ... Relationships are really the currency in Washington, right?

Q&A

Brainy women

There are a lot of strong female characters in this series. Was that something that attracted you to the project?
I give total credit to [show creator] Beau Willimon for creating these brainy women — not just smart and powerful, but actually intellectually very advanced.

LASSE EMIL KRISTIANSEN
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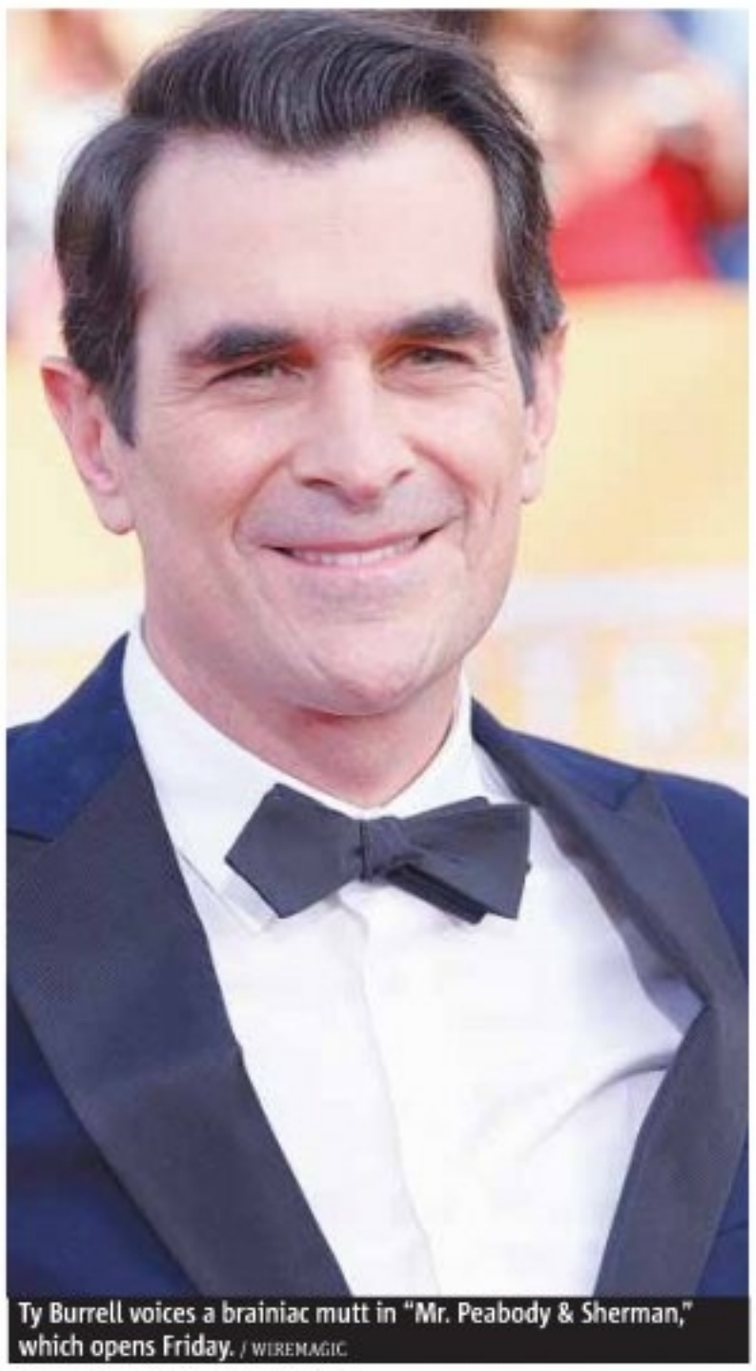

Ty Burrell voices a brainiac mutt in "Mr. Peabody & Sherman," which opens Friday. / WIREIMAGE

Genius for a day

Interview. "Modern Family" dad Ty Burrell becomes a canine brainiac in "Mr. Peabody & Sherman."

Since 2009, Ty Burrell has been a fixture on television as the bumbling but well-meaning paterfamilias on "Modern Family." But with "Mr. Peabody & Sherman," he disappears behind the titular cartoon mutt who, as on the history-themed segments on "The Rocky and Bullwinkle Show," is an anthropomorphic brainiac with an adopted son (voiced by Max Charles). It wasn't always an easy transition.

Bill Scott, who originally voiced Mr. Peabody, had a very distinctive delivery. How closely did you try to mimic him?
Initially a lot. I was really trying to keep as many of his cadences as I could. We kind of discovered that it didn't work for the more heart-to-heart stuff between Peabody and Sherman. If you remember the originals, they're very witty and very glib. It's five minutes and it's a history lesson, and it's very funny. But we had to ground the voice so that when those scenes came along, it didn't seem like they came out of nowhere.

You have a lot of scientific terms to rattle off here. Were you a nerd?
No, no. That's why I deserve an Oscar — three Oscars! Just being able to pretend that I'm a genius for two minutes is the greatest stretch ever captured on film. I lost to the words more than I won. Usually I'd get one take where I could get "synchronic fundibulator" without messing it up. Luckily they hit record on the few occasions I got it right.

Usually you're working with your fellow actors, but voicework tends to be recorded individually. You never meet, even though you're communicating onscreen.
That's an unusual part of it, for sure. Although Max and I did have a day where we worked together. We tried to hit the scenes that were the most heart-to-heart. They usually prefer to keep you separated, so they can cut cleanly. You do the scenes 30 different ways, so they have enough to choose from. [Animation isn't] about the actors. It's about the directors and animators. They're the stars of the movie.

Q&A

Hit show

"Modern Family" is one of many shows made to look like it's partly improvised. How overstated is its reliance on ad-libbing?
We certainly don't improvise as much as people think we do. That's a product of the style. It's more of an editors' field. The editors get to contribute more, because it has looser ends to it. The editor gets to shape our show more than old comedies used to. But if you can beat a joke, which is hard with our writers, because our writers are very good — if you can beat them, they use it.

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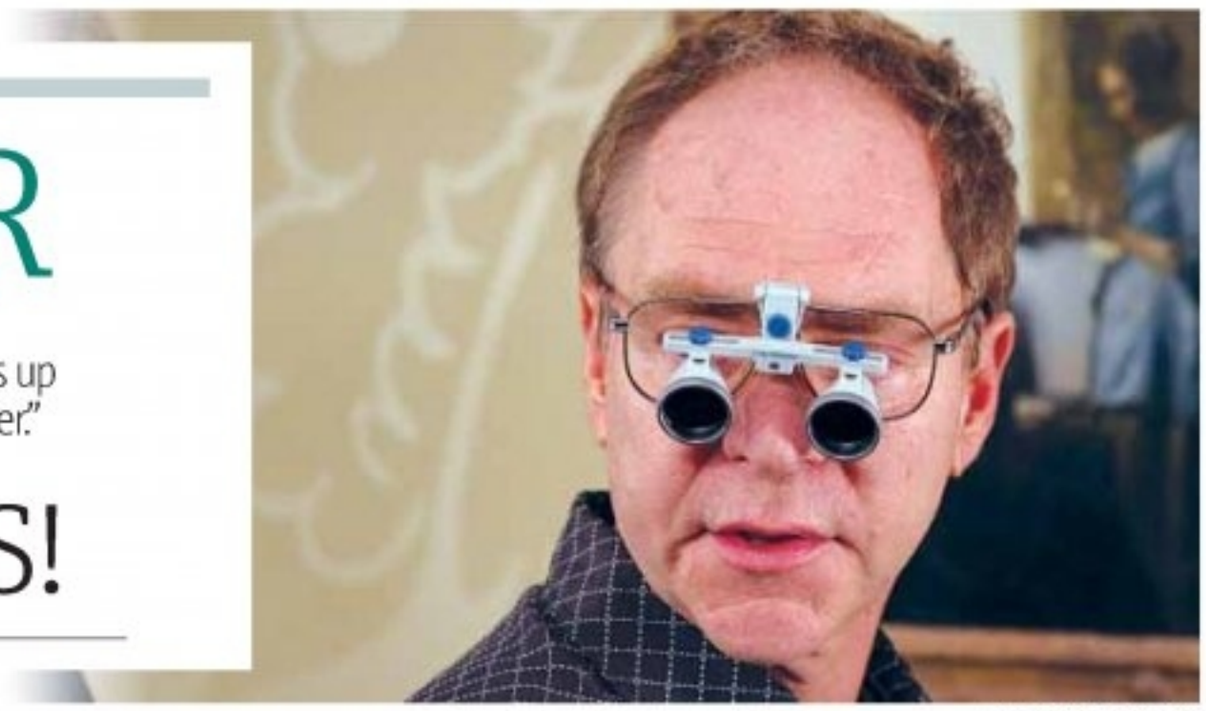
TELLER

The magician and debunker opens up about his new film, "Tim's Vermeer."

HE SPEAKS!



SONY PICTURES CLASSICS

Penn Jillette is the one who speaks; Teller is the one who doesn't. That's how the magicians/professional debunkers have done it for years. In truth, Teller has spoken publicly a couple of times. And in person, of course, Teller can speak — eloquently, verbosely and engagingly. With the documentary "Tim's Vermeer," which he directed and Jillette produced, they watch as inventor Tim Jenison tries to prove a theory: that post-Renaissance artists, notably the artist Johannes Vermeer, may have used optics to create the era's photorealistic paintings.

How did you come to direct this solo?
[Jillette and Jenison] knew I was obsessed with making things clear. And there's a lot of crazy stuff that needs to be made clear in this movie. They knew I was good at telling a story. I was more excited than nervous. I should have been more nervous.

There's an interesting dialogue between new and old technologies in this film.

No bull

It's not like an episode of your and Penn's show "Bulls—!"

We had at one point thought to make it exactly like a "Bulls—!" episode. To get the clarity of this very complicated idea and to make it easy and fun for the audience, we really had to cut out everything peripheral.

"['Tim's Vermeer'] is only the story of Tim making the painting. It's not a polemic. We're not arguing with anyone. There are no villains in this movie. It's a really weird movie. It's just about a guy with a longing to go into the past and test his theory."

From the beginning, this was about time travel. It was about Tim's desire to take this invention back to Vermeer's day and test it under the exact same circumstances Vermeer may have worked under.

Though you and Penn have a long history of debunking, this doesn't really engage in the debate over the thesis' veracity.
There's no historical artifacts and no written evidence that Vermeer used this method. However, there is progressively more strong evidence that there are artifacts in the paintings. Tim has discovered more in a recent scan of that painting [the one he recreates in the film]. But it's not surprising that they would be interested in technology. It was post-Renaissance, and they were manufacturing good quality optics. They were manufacturing lenses and mirrors. The microscope had been invented. Telescopes were very popular. So the idea that lenses would be available is not even slightly far-fetched.

It's a very contemplative film. It watches the grunt work of creating art.
You watch Tim copying, dot-by-dot, everything he sees in the mirror. I think a lot of people who've seen this movie who are in the arts feel like it's telling their story.

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Live in an apartment facing a dingy brick wall?

That's the view Eliza Blank shared with her dorm mates when she moved from rural Massachusetts to New York as a freshman at NYU — and one that many urban dwellers are all too familiar with.

"We had very little light and all I really wanted was a plant. I felt that was immediately going to make me feel more at home," says the now 28-year-old.

Finding just the right greenery for her gloomy digs was the impetus for The Sill, the New York-based company she founded 18 months ago that brings artfully designed houseplants right to a customer's front door.

Sign up for a free consultation and a plant specialist will come to your home, assess your light, your lifestyle (Do you travel a lot? Do you install an air conditioner in that window come summer?) and talk to you about your aesthetic — the design factor is what separates The Sill from, say, purchasing a plant from the hardware store or the fancy florist down the block.

After the initial consultation, Blank will send over a proposal recommending plants — and the planters — that best complement your decor and living situation. The company works with local potters and artists to create its own line of ceramic pots, as well.

"We really approach it like designers," says Blank. "The Sill provides inspirational imagery and more attention toward communication of how to care for the plants. And we focus a lot more on design elements of the planters. It's so much more thoughtful and curated than going to a Home Depot."

And about that brick wall? Blank says a snake or ZZ plant will be right at home. For more suggestions on low-light plants, check out the handy chart below.

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Bright light
- Fiddle Leaf Fig Tree
- Succulents & cactus
- Ponytail Palm

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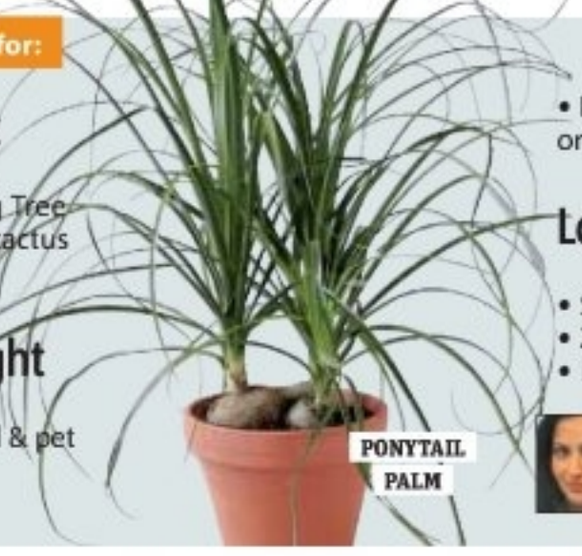
- Hoya
- Dracaena marginata or reflexa

Low light
- Snake Plant
- ZZ Plant
- Pothos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Apartments designed to make you healthier

Icon's roof deck will have an herb garden. / PROVIDED

It's an all-white affair in this rendering of an Icon apartment. / PROVIDED

No excuses.
You'd better get a good night's sleep if your home has circadian lighting.

When luxe apartment building Icon, at 1616 Walnut, opens in a month, city dwellers will have no excuse for pasty winter skin or under-eye circles — not when they can just move into Icon and start every day with a vitamin C shower.

The newly renovated Art Deco building boasts a long list of upscale amenities, many focused on wellness. Take the floor dedicated to fitness, yoga and massages, or the sky deck with an herb garden and gourmet demo kitchen for cooking classes. A bike share program is in the works, too. But what really pushes Icon over the healthy edge is the availability of Well Signature Residences, designed by Delos — a first in Philly.

"The gist is that you think about how your building interacts with the exterior environment. They make a building that interacts with human physiology. It's all backed by the Mayo Clinic," promises Kevin Michals of Cross Properties, speaking about twin brothers Paul and Peter Scialla of Delos. Cross owns Icon, in partnership with Alterra Property Group and Federal Capital Partners.

The Well Signature Residences have blackout curtains and lighting designed to simulate dawn to encourage natural sleeping patterns; air and water filtration systems; antimicrobial coatings in bacteria-susceptible areas; and vitamin C-infused showers that, Michals says, neutralize the chlorine in the water.

Monthly rent for a "regular" apartment at Icon is about $2,000 for a one-bedroom and $3,000 for a two-bedroom, with the Well units priced 15 to 20 percent higher — though Michals did stress that the rent range is subject to change.

JULIA WEST
letters@metro.us

Student housing

Where to find Delos homes

Icon is the first in Philly to offer Well Signature Residences, but you'll find Delos' work scattered across the country, starting with the Meatpacking Loft in Manhattan. The brothers also created the Wellness Suites at Akron Children's Hospital in Ohio and the Stay Well rooms at the MGM Grand in Las Vegas. Local students will be getting healthier next fall when the Legacy of Drexel Arms at St. Joseph's University opens Well Signature Suites.

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Spotted. Front row at Paris Fashion Week

JAMES RIGHTON AND KEIRA KNIGHTLEY AT CHANEL

KANYE WEST AT CELINE

HAIM AT CHLOE

RIHANNA, ALASDHAIR WILLIS AND INES DE LA FRESSANGE AT STELLA MCCARTNEY

4 Things to know about the Chanel show

Cara Delevingne and Karl Lagerfeld might grocery shop later.

1 It was held in a supermarket. OK, not exactly a supermarket, but an elaborate set designed like a Chanel superstore at the Grand Palais in Paris, with aisles full of everyday kitchen staples including Karl-branded spaghetti. It was the perfect setting to introduce different types of shoppers because, well, we all eat, right?

SNEAKERS

2 Crop tops and sneakers ruled. The same Karl Lagerfeld who once told us that wearing sweatpants is the equivalent to giving up on life showed some eyebrow-raising casual looks for fall. Like his couture show, the iconic designer paired colorful sneakers with everything from crop tops and distressed leggings to sublime ladylike skirt suits giving off a very "Working Girl" vibe.

KENDALL JENNER WALKED THE SHOW.

ALL PHOTOS GETTY IMAGES

But before you go thinking the house is disembarking from luxury — it is, after all, known for the ultimate status symbol, the quilted 2.55 bag — models came down the aisles in the most divine voluminous multicolored coats, some with rounded shoulders and nipped waists. They were basically the kind of outerwear you could throw over pajamas and it wouldn't matter.

4 Karl does streetwear. The sportier feel didn't stop with the sneakers. Other elements — utilitarian pockets, zipper details and even quilted puffer coats — gave the collection an urban edge.

TINA CHADHA
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EVERYTHING OLD IS NEW AGAIN (AGAIN)

Sidescroller

LAWRENCE BONK

LAWRENCE.BONK@METRO.US

Do you hear that? That's the endless march of time, preparing to tear everything we hold near and dear asunder. Instead of dealing with this inscrutable fact, let's dive into new entries in our favorite childhood gaming franchises. Ah, to be young again.

The latest installment of "Castlevania" is fine but overly complicated. / KONAMI

'Castlevania: Lords of Shadow 2'

System: PS3/Xbox 360
Company: Konami

The original "Castlevania" dates back to the early days of the NES, meaning it was a contemporary to "Max Headroom" and "Rambo." The franchise's classic formula of side-scrolling castle exploration practically invented its own genre. In 2010, however, the series was given a modern "God of War"-esque makeover.

The sequel manages to be competent enough, but at the expense of any leftover charm. The graphics are still great, but the gameplay is convoluted, mixing in frustrating stealth sections. And you fight dudes with machine guns instead of swords.

'Donkey Kong Country: Tropical Freeze'

System: Wii U
Company: Nintendo

The first "Donkey Kong Country," released in 1994 on SNES, was, more or less, the last great gasp of the sidescrolling platformer. Until now, that is. Retro platformers are all the rage these days, and the King of Kong is back to reclaim his throne.

The level design here is top-notch, giving stages a multi-tier feel. For an old school title, the game looks and plays great. The only downside? This game is brutally difficult.

Mobile. Google builds on Lego success with forthcoming phone

Google aims to be in every single aspect of your life, including modular phones and perhaps even carpets? / GETTY IMAGES

Google, who you may recognize from its part in every facet of human existence, announced recently it is getting in the modular phone game. What's a modular phone? Essentially, it's a smartphone that breaks into pieces, each piece providing a function. The benefit here is that you only pay for what you want, and each item is easily upgradable without having to get a whole new phone.

The company is calling its Lego-like phone, which is still in the early stages of development, Project Ara. The company plans on setting up kiosks around the country (and world?) where people can upgrade their phones on the quick. The big G also says it wants to sell the base model for around 50 bucks. Of course, who knows what constitutes a base model? Maybe it's just the volume slider.

LAWRENCE BONK

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What your mouth can reveal about your health

Floss on. Take care of your teeth and your whole body will benefit.

Allergies acting up? Your oral health habits may be to blame. / STOCKBYTE

If a friend says you have bad breath, don't take offense. That friend could be saving your life, or at least helping to improve your health.

"Those little bugs that cause bad breath can be so harmful to the rest of your body," says Dr. Sezelle Gereau-Haddon, an otolaryngologist (ear, nose and throat doctor) and integrative medicine specialist at New York's Mount Sinai Beth Israel hospital. "The mouth is the gateway to your body. Bad breath can be a warning to take action to stay well."

Good oral health and whole body health have become a focus for the medical community at large (March 20 marks World Oral Health Day). Because arterial plaque matches microorganisms in tooth plaque, dental health is known to affect heart health. A number of illnesses, including osteoporosis, oral cancer, arthritis and allergies are also linked.

"I often see an association in patients, particularly in allergy and autoimmune disease," says Gereau-Haddon. "It makes perfect sense. The body calls out its soldiers to fight the invaders, but the body doesn't understand that the attack is in the mouth and so it turns on itself elsewhere."

For general health, controlling periodontal disease via daily brushing (two minutes each time, twice a day!) and flossing (daily) is an important part of basic care. And you can take it one step further.

"I advise [oral] probiotics to swish in the mouth to fight bacteria," Gereau-Haddon says. "Then swallow, so the gut gets the good bacteria."

LINDA CLARKE
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Domino effect

For diabetics

A dangerous side effect of diabetes is vascular restriction throughout the body, including poor blood flow to the gums, starving the tissue and encouraging bad bacterial overgrowth. A domino effect comes into play: "It snowballs," says Gereau-Haddon, "because that bacteria can then affect other organs and general health. Diabetics have to be vigilant about oral health."

Minty fresh

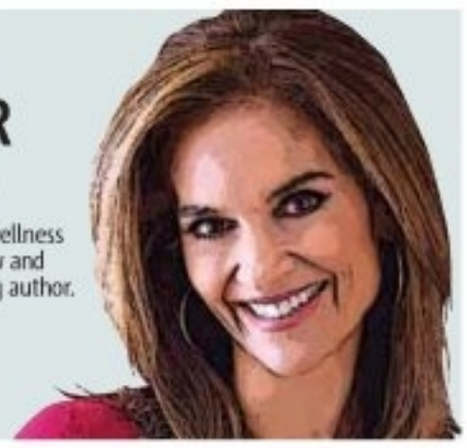
New toothpaste we love

Available in Lime Spearmint Zest, Mint Chocolate Trek and Vanilla Mint Spark, Crest's new Be collection puts some pizzazz into your paste. We tested the Vanilla Mint Spark flavor and found it very reminiscent of a white Tic Tac.

TEST YOUR CALORIE SAVVY

Think you have the 411 on trimming belly fat and achieving rock-hard abs? Check out these brain-boggling trivia questions and see how much you really know.

Joy's Healthy Bite



JOY BAUER

WWW.JOYBAUER.COM

Hear from the health and wellness expert for the "Today" show and New York Times best-selling author.

1 Every once in a while, you're short on time and need to grab a fast food meal. Which of the following items contain fewer than 500 calories and will help you drop pounds most effectively?
A. Wendy's Chili + Baked Potato
B. McDonald's Southwest Crispy Chicken McWrap + Apple Dippers
C. Chipotle Burrito Bowl with chicken, beans, brown rice, veggies, cheese and guacamole

2 Which of these condiments can boost your metabolism?
A. Hummus
B. Hot sauce
C. Dijon mustard

3 You're at a party and the host has generously provided a wide spread of munchies. Which is the best choice to indulge in?
A. A plate of chicken wings with blue cheese dip
B. A few handfuls of tortilla chips with artichoke dip
C. Two small slices of pizza

4 While all of these are great afternoon low-calorie snacks, which is the best when it comes to losing weight and blasting belly fat?
A. Light popcorn
B. Sliced carrots with low-calorie ranch dressing
C. String cheese and an apple

For skinny tips and delicious recipes, visit Joy Bauer.com and follow Joy on Twitter (@joybauer), Facebook (facebook.com/JoyLBauer) and Pinterest (pinterest.com/joybauerhealth/)

HOT PEPPER
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See more at www.metro.us

Yes, you can have pizza and still watch your waistline. / FUSE

Answers

1. A. The Wendy's small chili and plain baked potato combo is the only option listed that clocks in under 500 calories (FYI: B weighs in at 685 calories, C weighs in at 790 calories). Bonus: The beans in the chili and potato skin provide filling fiber to help keep you satiated for hours. Don't like chili? You can easily find nutrition information for all fast food chains online, so check the offerings at your favorite spots and stick with meals under 500 calories for an occasional fix.

2. B. Hot sauce! This fiery condiment contains an ingredient called capsaicin, which has been shown to slightly rev metabolism and suppress hunger. Kick up the heat and add this hot flavor enhancer anywhere you can — a few dashes to eggs, into soups and stews, or mix it with hummus.

3. C. Pizza is your best choice, since two small standard slices will only cost you 650 calories (compared to 1,040 for the wing/dip combo and 800 for a few handfuls of chips with creamy traditional artichoke dip). And since pizza feels more like a meal than a snack, it tends to be more satisfying. Plus, you can easily count the number of slices you eat, but are likely lose track of how many chips or wings you've chomped on throughout the evening.

4. C. String cheese and an apple is the winning choice. While all three are healthy (low-calorie) snacks, the string cheese and fruit combo has the added bonus of protein. Having protein and fiber in the afternoon helps to keep you feeling full and satisfied until dinner.

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Bonus question

What are your three best tips for getting and staying happy?

1 Each morning, before you get out of bed, connect with your values. Ask yourself, "What kind of mom/dad/friend/worker/boss/student do I want to be today? As I go through my day, how do I want to treat myself, others and the world around me?"

2 Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?"

3 Bring your full attention to whatever you are doing; engage fully in the task at hand. The more you get distracted by your thoughts and feelings, the less satisfying your activity will be.

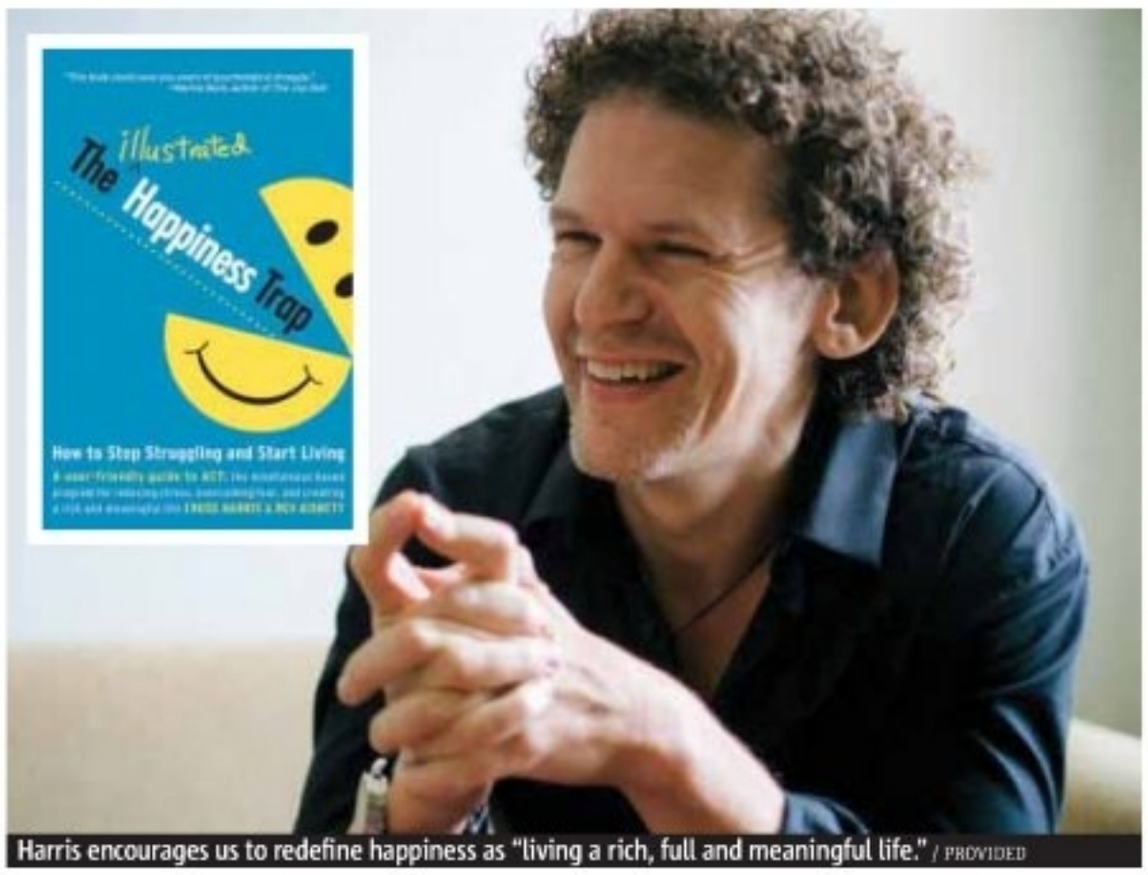
The road to happiness is paved with struggle

See more at www.metro.us

It's a trap!

Happiness isn't all it's cracked up to be, says author Russ Harris.

Happiness is not always about feeling good, says physician and therapist Russ Harris. He's the author of "The Illustrated Happiness Trap," which has illustrations by Bev Aisbett. We talked to Harris about the enigma of that magical "H" word — his attitude on what it means to be truly happy might surprise you.



Harris encourages us to redefine happiness as "living a rich, full and meaningful life." / PROVIDED

Can you try to describe what happiness is?

Unfortunately, most people think of happiness as a feeling or emotion; they believe that happiness equates to feeling good. But this creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anxiety, frustration, fear of failure, disappointment, anger, sadness and so on.

I would encourage people to redefine happiness as living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful.

How is this book different from all the other books about happiness?

For a start, there's nothing in it about "positive thinking" or "challenging negative thoughts." It's based on a scientifically-proven model called Acceptance and Commitment Therapy (ACT), which uses cutting-edge psychological methods, especially a mental process known as mindfulness, which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.

Is it normal to have self-doubt on the road to happiness?

If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you not?

LASSE EMIL KRISTIANSEN
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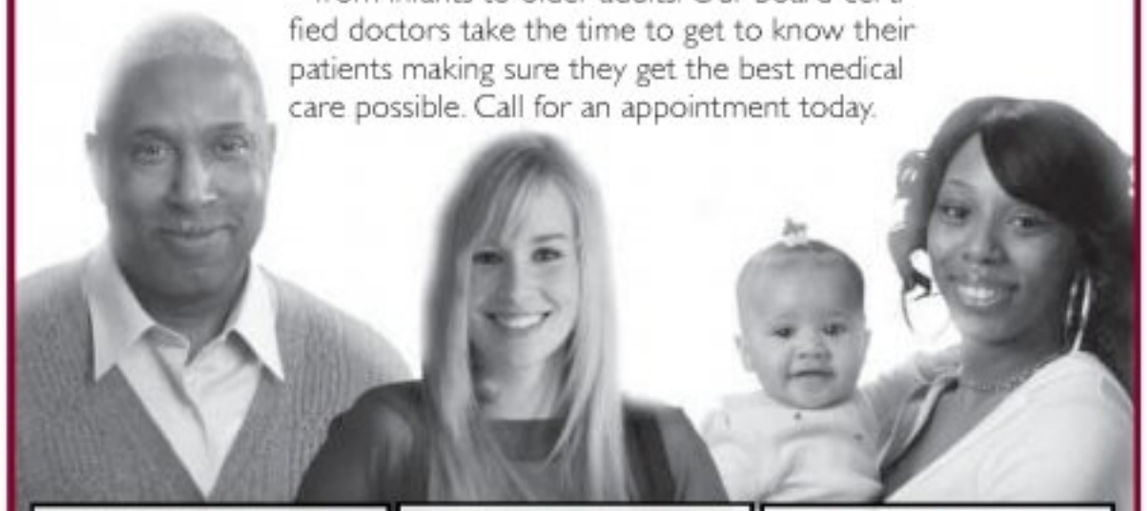

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Horoscope

♓ Pisces | Feb. 19-March 20. Your involvement in charitable organizations will help raise your profile. The result will encourage you to increase your efforts.

♈ Aries | March 21-April 20. You will be able to improve your position through the power of persuasion. Share your views, and stress the positive results.

♉ Taurus | April 21-May 21. Opportunities will come if you share your hopes. You may have to make some minor adjustments, but in the end you will achieve the desired outcome.

♊ Gemini | May 22-June 20. Concentrate on your duties, and use discretion when speaking your mind. Don't be tempted to join in a heated discussion.

♋ Cancer | June 21-July 22. You are a talented individual with a unique way of helping others. Unleashing your creativity will enable you to offer significant improvements and solutions. Your generosity will be inspiring.

♌ Leo | July 23-Aug. 22. Listen to those around you. You will discover information pertinent to a decision that you need to make.

♍ Virgo | Aug. 23-Sept. 22. Your inquisitive nature is looking for a new creative outlet. Explore new activities you find stimulating in order to meet people.

♎ Libra | Sept. 23-Oct. 22. Take on a task that's been hanging over your head for too long. Stop making excuses so you can move on to better activities.

♏ Scorpio | Oct. 23-Nov. 21. To maintain your good reputation, you should acquaint yourself with all the information required prior to engaging in a new venture.

♐ Sagittarius | Nov. 22-Dec. 21. Your leadership prospects will be improved if you are a team player. Establish yourself as a hard worker.

♑ Capricorn | Dec. 22-Jan 20. Spend time with people who inspire you. A meaningful relationship is based on mutual interests and ideals.

♒ Aquarius | Jan. 21-Feb 18. Avoid anyone trying to meddle with your plans. Rather than go along with someone else's ideas, you should fulfill important projects. BERNICE BEDE OSOL

Sudoku: Easy and hard

		5				1		
		8		1	2		5	9
2		7		9		3		
1		4						
	5		1		7		9	
						8		7
		1		5		4		3
9	8		6	2		5		
		2				9		

		9	4					
6	4		7				1	
	7				5	8		
	1	5	8	7			3	
2								8
	3			5	9	1	2	
		1	9				5	
	2				7		6	9
					4	7		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Iditarod about capitalism in the frontier

One of the esteemed participants in the Iditarod, Dan Seavey, aka Boppa, gives history lectures at every checkpoint of the race to quash the myth that it commemorates a 1925 rescue mission to bring serum to Nome during a diphtheria epidemic. According to Ben McGrath in his New Yorker article of April 22, 2013, "The White Wall," the inaugural race in 1973 celebrated frontier capitalism. MICHELLE RACCAGNI, VIA EMAIL

Take a cue from Russia

I was watching what happened in Ukraine, and was astonished to see that the U.S. had given money to some strange people in a crowd. Now we know that those people are provocateurs, employed by somebody to destabilize the situation in the country. How many times has America put its nose into the internal affairs of other countries? How many times was this nose been beaten? But still, there is no lesson learned. What did Sen. John McCain do in Ukraine? He is the worst enemy of Russia. Who invited him? Russia and Ukraine are brothers, by all meanings. Ukraine protested against the corrupt government of the grand thief Viktor Yanukovich. Why did the U.S. and the European Union put their noses there? Did Russia, when there were riots in Los Angeles after Rodney King's trial that left [dozens] dead? How about December's suppression of leftist protesters in Germany, where about 600 men were beaten by police? Did Russia protest, or send money to leftists? Don't even think about interfering. You have no idea what is going on there, you don't have the slightest clue who started the fighting — so just shut up! NIKOLAS MOSTONIKAS, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across

1 Feudal tenant
7 Apply makeup
10 Duffers' goals
14 Think up a storm
15 Festive night
16 Blissful spot
17 Shrewd
18 Engine housing
19 Moreno or Rudner
20 Close call (2 wds.)
23 Finger-paint
26 Hesitant sounds
27 Loan-sharking
28 Sidekicks
29 On, as a lamp
30 "Friend or —?"
31 Old Fox sitcom
32 Harbor craft
33 Within – (near)
37 "Exodus" name
38 Quaint lodging
39 "ER" venue
40 Mil. address
41 News
43 Shadowy
44 Bled, as a color
45 Geol. formations
46 "Golly!"
47 Soften
48 Physical condition
51 Dinghy's need
52 Mural undercoat
53 Amoeba's forte (2 wds.)
56 Earthenware pot
57 Hibernate
58 Canada's capital
62 Creme caramel
63 Mother lode
64 Largest mammals
65 Basin in a church
66 Soho co.
67 Dreaming, maybe

Down

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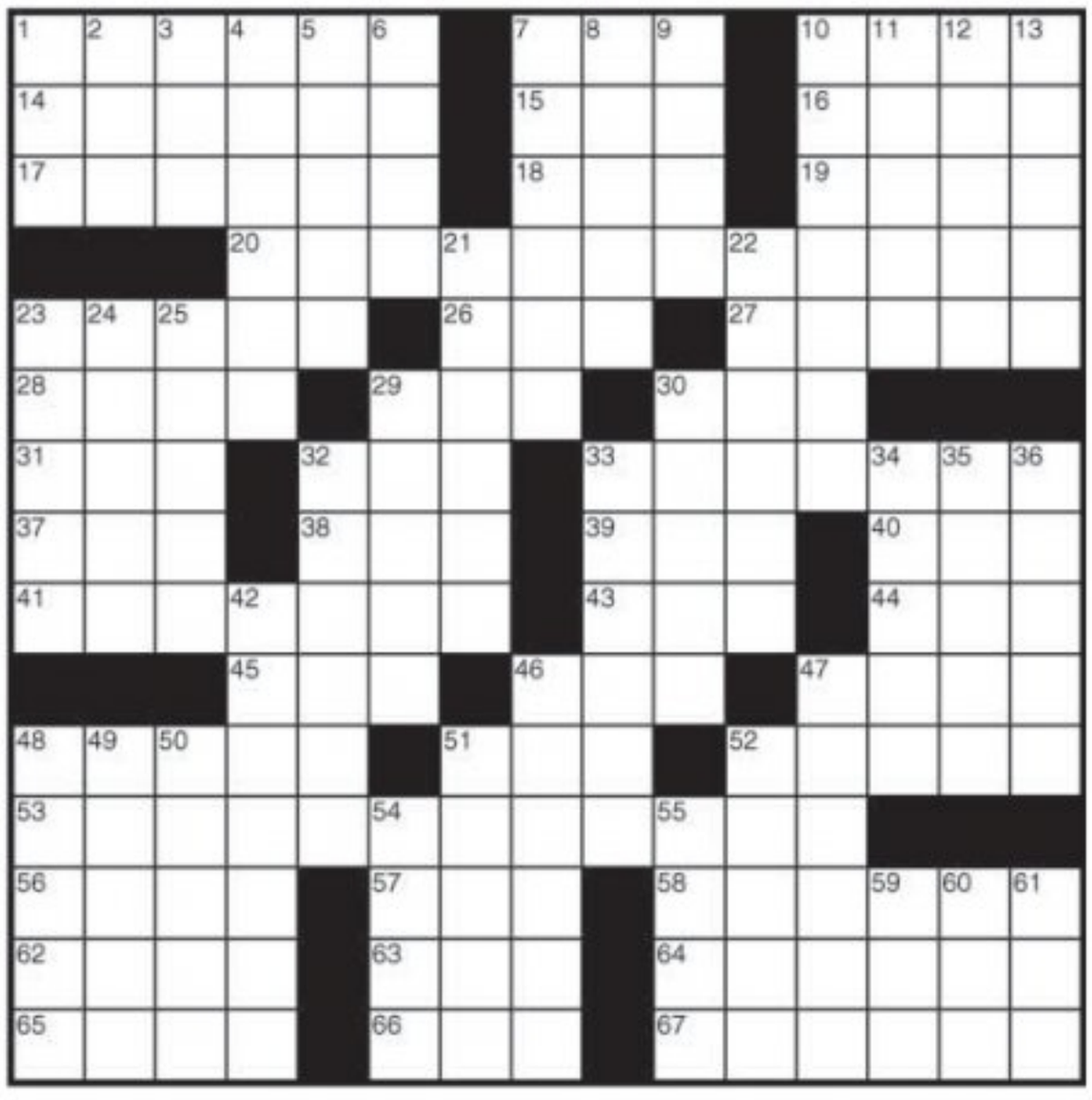
2 Magazine fillers
3 Treat fractures
4 Spa amenities
5 Flower oil
6 Smirk's kin
7 Banish
8 Declares frankly
9 Oysters' abodes
10 Reads
11 Leave-taking
12 Pave over
13 Winding
21 Monarchs' terms
22 Voting number
23 Jack who ate no fat
24 New Zealand language
25 Heston title role (2 wds.)
29 Gill alternatives
30 Prima — evidence
32 Like car glass
33 Fluffy quilts
34 Cottontails
35 Iridescent stones
36 Role for Silverheels
42 Fix firmly
46 Made a profit
47 Word with "telepathy"
48 Jeer
49 Phone response
50 Adventurer — Quatermain
51 In plain view
52 Early Teutons
54 Artifact
55 Captain Kirk's home
59 Pub pint
60 Minuscule
61 Deadly snake



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3 SPORTS

Hawks face test

St. Joe's heads to GW

The St. Joseph's Hawks look like a lock for an NCAA tourney berth this season, in sole possession of second place in the A-10 sporting an impressive 21 wins. They can pad their resume with a win against fellow 21-win conference foe George Washington at a 9 p.m. start Wednesday night.

Ten years later, Hawks' perfection a benchmark

NCAA. St. Joseph's is one of three Division I men's basketball teams to post a perfect regular season in the last 35 years.

The Hawks defeated Wake Forest in the 2004 Sweet 16 to advance to the Elite 8. / GETTY IMAGES

It's hard to believe that a decade has passed since the Saint Joseph's Hawks men's basketball team, led by Chester, Pa., native and Player of the Year Jameer Nelson, finished with an undefeated regular season (27-0). Their remarkable run captivated not only the city of Philadelphia but the entire country as the team lived a true Cinderella story.

Pat Carroll, who still resides in the area, and Rob Sullivan, director of basketball operations at St. Joseph's, were two key members of the Elite 8 squad. Neither one can believe 10 years have passed since they made memories on the hardwood that will last a lifetime.

"It's unbelievable," Sullivan said. "The coolest part of it being a decade later is seeing where everyone is in their personal and professional lives. We all keep in touch [and] I think that's the epitome of the team that was together in 03-04."

Quoted

"It's hard to believe, to imagine it was that long ago because sometimes it seems like yesterday."

Pat Carroll

Even with La Salle reaching the Sweet 16 last year and Villanova advancing to the Final Four in 2009, Sullivan, who joined the squad as a walk-on 10 years ago, feels that the 2003-04 Hawks could take them both.

"I would put that team up against any team within the past decade to win a game," Sullivan said.

When players and coaches realized, prior to their historic season, that Jameer Nelson was deciding to return to Hawk Hill for his senior campaign, they knew they had the potential to do something historic.

"I never put a certain expectation that team could be a Final Four team or win the Atlantic 10 or go undefeated," Hawks head coach Phil Martelli said. "None of that entered my thinking."

Martelli, a four-time Atlantic 10 Coach of the Year (1997, 2001, 2004, 2005) has been one of the best coaches in Philadelphia history, and has had success in seasons since the undefeated run. But he can't go long without being reminded of the campaign.

"It seems like a long time, 10 years," the coach said. "I get asked about that team multiple times a week; it only seems like a handful of years ago but 10 is a long time. It was a standard of what a team was about. I used them in my mind to measure myself and to measure my current players and current teams, so I think about them quite a bit."

Martelli still remains on the bench and hasn't forgotten about his team's loss to Eddie Sutton's Oklahoma State Cowboys, a win away from the Final Four in 2004.

"Who says that I'm over it?" Martelli said.

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Jameer Nelson

The 2004 first round pick has had an impressive nine-year career with the Orlando Magic, averaging 12.6 points per game and 5.3 rebounds over that span. In 2009 he was an NBA All-Star.

Delonte West

West, another NBA first round draft pick, has had a successful career as a pro basketball player as well, playing for the Celtics, Supersonics, Cavaliers and Mavericks. He currently plays in China.

Dwayne Jones

Jones signed with the T-Wolves as an undrafted free agent in 2005 and since then has played for a remarkable 16 professional basketball teams all over the world. He played two games with the Warriors last season.

Where are they now?

Though only a few are household names, the 2003-04 Hawks have come a long way in the 10 years since their perfect regular season.

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Arvydas Lidzius

The 7-foot-1 center returned to his native Finland, where he has had a very successful international basketball career.

Pat Carroll

The Horsham product has played a lot of pro ball, most recently as a member of the Iowa Energy in the NBA's D-League and in Greece.

Dwayne Lee

Lee currently works as an assistant men's basketball coach in Hackensack with the Division I Fairleigh Dickinson Knights.

Rob Sullivan

Sullivan currently works for St. Joseph's as the director of basketball operations.

Brian Jesiolowski

The big forward has appeared in four major motion pictures, including "Failure to Launch."

Tyrone Barley

Once a key member of the unbeaten squad, Barley was sentenced to 10 to 20 years in prison for an armed robbery last November.

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Flyers make move for defender MacDonald

NHL. The Flyers took one of the biggest prizes of the deadline Tuesday in defenseman Andrew MacDonald.

The Flyers addressed a key weakness Tuesday, less than 24 hours prior to Wednesday's 3 p.m. trade deadline when they traded for Islanders defenseman Andrew MacDonald.

In return for the 27-year-old, the Flyers gave New York a third-round pick in 2014 and second-round pick in 2015.

MacDonald leads the NHL in blocked shots, and can give the Flyers' blue line a boost offensively as well, as the veteran has 24 points in 2014.

Andrew MacDonald will be an asset when he joins the Flyers blue line attack. / GETTY IMAGES

According to NHL insiders, MacDonald is viewed as a reliable third-line defenseman on a good team, and has played alongside current Philadelphia defender Mark Streit from 2008 through 2013.

He is owed just $550,000 this year, the final of his four-year contract, though many believe he will be re-signed instead of rented for just one year.

His acquisition also makes it more probable that the Flyers could deal higher priced Andrej Meszaros or Erik Gustafsson before the trade deadline.

According to TSN's Darren Dreger, the Flyers are asking for a second-rounder for Meszaros.

EVAN MACY
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Capital rematch

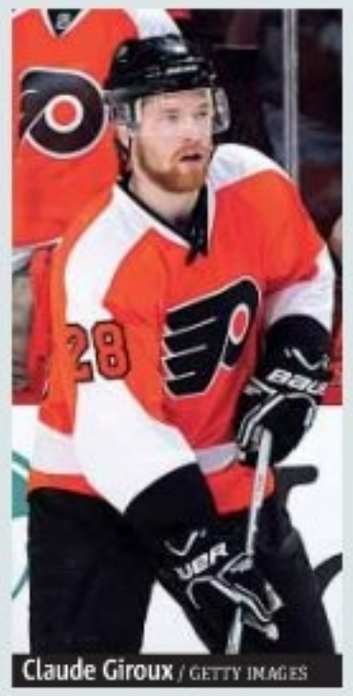
Flyers look to keep it going against Caps

The Flyers hold the No. 2 spot in the Metropolitan Division after defeating the Capitals this weekend.

But they only lead Washington by two points, and after the two clash Wednesday night at the Wells Fargo Center, they could fall back into third or even fourth.

The team remains one of the hottest in the entire NHL, with wins in six of seven games dating back to the beginning of February.

The Orange and Black will need to fend off Alexander Ovechkin and the rest of the potent Capitals' offense if they want to create a little space in the standings, and Ovechkin's counterpart Claude Giroux will be a key part of that when the puck drops at 8 p.m.



Claude Giroux / GETTY IMAGES

After a slow start to the season, the Flyers' captain leads the entire team with 61 points, 21 goals and 40 assists.

He is also on fire lately. In the six wins since Feb. 1, Giroux has posted a point in every victory and has five goals and six assists in that span.

Starting goalie Steve Mason is expected to make the start against Washington. EVAN MACY

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NFL. Eagles cut ties with veteran wide receiver Avant

After eight productive and memorable seasons in Philadelphia, the Eagles have parted ways with wide receiver Jason Avant.

Avant ranks 11th in team history with 297 receptions for 3,646 yards and 12 touchdowns and has been with the Birds since they drafted him out of Michigan in the fourth round of the 2006 draft.

"There have not been any players who have represented the Philadelphia Eagles with more class and dignity than Jason Avant," Eagles Chairman Jeffrey Lurie said in a statement. "Whether it was in the locker room, on the playing field or in the community, he has always been a true professional, a role model and a winner every step of the way."

Avant seems to be a casualty of numbers as Jeremy Maclin, DeSean Jackson and Riley Cooper will all return and command considerable salary in 2014.

Quoted

"There's no question that releasing a player like Jason is one of the toughest parts of the job. It's a tough day when you have to say goodbye to a player who you have so much respect for." Eagles GM Howie Roseman

"In the year I spent with Jason, he was unbelievable in terms of his work ethic and his selfless nature," head coach Chip Kelly said. "He was a great teammate. We know he will have a chance to sign with another team and by releasing him now, he will have a full offseason to make the necessary adjustments. I had a chance to speak with him today and he handled himself like the true professional he is." EVAN MACY

By the numbers

4

Millions of dollars the Eagles will save in cap space by releasing Jason Avant.

Jason Avant caught 38 passes for 447 yards in 2013, his least in each category since the 2008 season. / GETTY IMAGES

Benchwarmers

Battle for Phillies' bench spot heats up

Though the eight starting roles for the Phillies' offense are all but written in stone, there are still several big league roster spots up for grabs.

Manager Ryne Sandberg is a big supporter of utility man Freddy Galvis to take one of the spots.

"Once we get rolling, I could see him playing twice a week and giving some guys some blows," Sandberg said.

Galvis is battling Kevin Frandsen, Ronny Cedeno, Reid Brignac and Andres Blanco among others for a spot as a backup infielder. METRO

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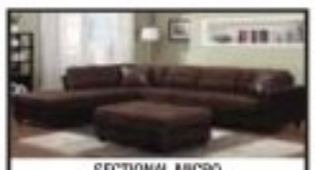

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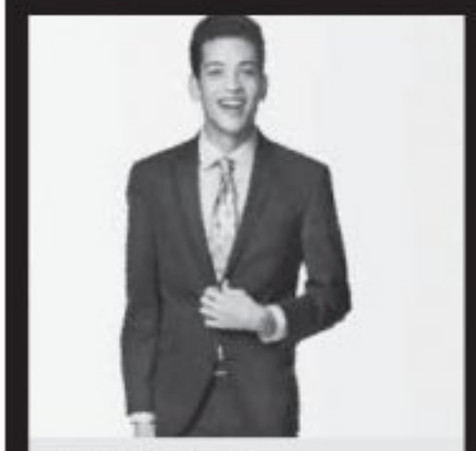

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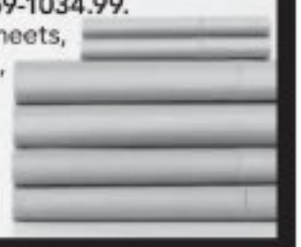

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